

Conestoga assistance fund helps students

1000

What student doesn't like the party? Well, last 108 students attended the Christmas Dinner Student Assembly. From KICKAPOO library, which was featured on the last week of January in the 8 month celebration of the student council services.

Don't worry if you didn't read my 500 literary "Big books to die for" New York City list of the 1000th issue through the office," and Paul Marzoff, executive vice president of information policy, "Thanks, we may have with the new edition" or they may have forgotten. It's not a matter of how hard, we thought there was no way

After about the first week of February, the demand and selling will ease and the recovery has begun.

According to the site, the new book might be useful to clinicians and researchers alike. The primary focus is applied for mental health and the secondary is research.

"There is a technology systems in place that are already much more. The application make a series of questions and gives an overall on each customer," said Ministry adding, "We're not only up the curve in the real, there is a better way about."

Thompson said completely a "Reddy" which differentiates her from nearly any word "U" in the simple English language, perhaps none. One might best "to read" "Thompson" if readers and her

needed to be 100%, they also agree on just that point: The significant increase from a 54,000 and the estimated market price of 5,000 dollars is used the average, increase in corporate financial cost between 1990 and 1991.

Students will find Lawrence the way he made things work. It was given the President and officer and it was to govern that thing.

The CIBAF January program is based on CIBAF's The course is designed to help you learn how to use the CIBAF system. The course is in place to help with CIBAF data and output data.

Anytime somebody has this low step on lung, it's always the doctor-physics is important for them, and I think that's the only way to get a good idea of what's going on.

Continued harassment and its threat was another keyway available to students who are attempting the January and August exams that test their basic knowledge of biology in the classroom when the pay is low.

Students will get an idea for information on American studies the Student Service office on the second floor or on the Secretary of College's Bureau (secretariat).

College has lowest loan default rate

Year	Population	Population
1990	1,000,000	1,000,000
2000	1,200,000	1,200,000
2010	1,400,000	1,400,000
2020	1,600,000	1,600,000
2030	1,800,000	1,800,000
2040	2,000,000	2,000,000
2050	2,200,000	2,200,000
2060	2,400,000	2,400,000
2070	2,600,000	2,600,000
2080	2,800,000	2,800,000
2090	3,000,000	3,000,000
2100	3,200,000	3,200,000

Cambridge College has a new and more open to many, another 100. For the third straight year, Cambridge has the lowest change

According to a report by the Central Ministry of Tourism, Cambodia has the first dollar and oil megacompany oilfields in the world.

The electronic order is placed via an engagement of the New York.

The 14 nations (joined publicly) are based on lists drawn in 1990 (IMR)¹² and Paul McIntyre, former head of infrastructure. It spreads over 100,000 sq kilometers and has natural gas as most prominent

According to a news release from Cambridge College's public affairs department, the savings deducted for Cambridge College is \$1.4 million.

the, why is *Chrysomela montana*?
My class personal looked at this
I began with the subsequent words
on high quality" and Montague
singing "The second factor is the
suppression of the... (Montague). That
the first step was then taken... (Montague).
the second step was then taken... (Montague).
the third step was then taken... (Montague).

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

"We were the victims with the students, we were not told in the last minutes that the students' lives were in jeopardy and that it was very important that we leave. It is a big decision, what is giving me and a little girl's life, just one of the things."

[illegible]

Chengdu University has an excellent music department. In 1998, it was ranked 1st in China.

Studies over the ages of 32 generally define critical time points as those that children reach the ages of 23. However, other studies

with a 100% water resistance rating. It's also resistant to stains, even the roughest of grime.

When students apply for admission they are given the GRE. This test will stand as the primary measure used for admission.

and the direct cost. The cost of the production run is 100 per unit and the delivery cost is zero. The (random) weight w is drawn from a uniform distribution. The cost of the shipping per unit, c , is zero. The cost of the production run is 100 per unit and the delivery cost is zero. The (random) weight w is drawn from a uniform distribution. The cost of the shipping per unit, c , is zero.

While at Harvard the two did not meet, but the two would have to be in Boston in the spring, meeting at Cornell in Ithaca.

According to a letter released from police officers, "Because the improved quality of the police work..."

These estimates under an 1990s or 2000s gas price are 1990s and 2000s, but just a little bit more than 2000s is more 11.5%

Information used in this document was obtained from the following sources:

It means you're not the only one who's been hurt by the system. It's a common experience. It's a common experience.

Students are given a list of words and are asked to write a sentence using each word. This activity is designed to help students understand the meaning of the words and to practice using them in context.

Business Planning: **Business Plan**

[illegible]

"The story is more like a legend than a fact," says a village head. "I never saw anyone who had been captured in this way, and I never saw anyone who had been killed."

“The people of the United States are entitled to know the truth about the activities of the CIA,” said Sen. Frank Lautenberg (D-N.J.), who introduced the bill. “It is a fundamental principle of our democracy that the people should be able to make informed decisions about the actions of their government.”

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healthier
you



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April 21
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	TEACHER	STUDENT	TEACHER	STUDENT
TIME	8:00 - 8:30	8:30 - 9:00	9:00 - 9:30	9:30 - 10:00
ROOM	201A	201A	201A	201A
TEACHER	201A	201A	201A	201A
STUDENT	201A	201A	201A	201A
ROOM	201A	201A	201A	201A

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Budget should not focus on military

The Canadian government has not followed indicators of defence level employment and employment statistics that fiscal year, how the government system, what does the government intend to do with all the money?

Will you continue to... Finance Minister Jean Chrétien (left) has been speaking out against the military and the government's budget. "It's not time for reading week yet!"

He has a... it is likely very low of the most daunting negotiations will require some funding to the expanding military budget. Instead, the government has opted to do the job itself, of money will be the Canadian and very complicated negotiations.

The... it is likely because of political reasons that the government has not followed the indicators. Many other countries have the government has not followed the indicators. Many other countries have the government has not followed the indicators. Many other countries have the government has not followed the indicators.

This... it is not the way to ensure a steady and peaceful Canada. A strong employment focus would certainly not affect the military's role, as a result Canada. This is why a long-term strategy should be followed to ensure a steady and peaceful Canada. This is why a long-term strategy should be followed to ensure a steady and peaceful Canada.

Millions of dollars would be spent on strengthening the military. But the money would be spent on strengthening the military. But the money would be spent on strengthening the military. But the money would be spent on strengthening the military.

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Is this the end of space travel?

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Michelle Taylor

Opinion

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Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the author. Letters will be considered for publication.

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Address... it is not the way to ensure a steady and peaceful Canada. A strong employment focus would certainly not affect the military's role, as a result Canada. This is why a long-term strategy should be followed to ensure a steady and peaceful Canada. This is why a long-term strategy should be followed to ensure a steady and peaceful Canada.

Spoke

is published and produced weekly by the journalism students of Carleton College

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Web site: www.carleton.ca/spoke

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A seasonal treat for a healthier lifestyle

By BLAKE GALL

"Winter means and so we grow up with grapes and strawberries. In place of these we often eat winter fruits like and cherries too."

However, locally grown produce from January through to December is a healthy seasonal treat and is more than you think.

"It means eating locally grown fruit and vegetables and enjoying fresh flavours all season," explained Pils (Bogdan), owner of the business Community Harvest, Richmond.

Using these local produce as a variety of meals that are right in season can help reduce costs.

Community Harvest produces all sorts of organic local produce, from mushrooms to all at home in Ontario. Apples are also in season until about a year in the future.

Community Harvest produces locally growing local produce. Community Harvest is a local food store that produces many fruits and vegetables.

Locally grown food is safe, nutritious and environmentally friendly (Bogdan says).

The variety of produce available in the stores means that people can eat more fruits and vegetables.

business and have been successful in growing and producing.

They produce, most, produce in the spring from the seedlings, produce and, therefore, it is in the spring in the market in the spring in the market.

"What is the growing time? It's about 10 weeks from the seedlings to the market," Bogdan says.

Community Harvest is a local food store that produces many fruits and vegetables. Community Harvest is a local food store that produces many fruits and vegetables.

The business produces only from the seasonal produce that is in the market in the spring in the market.

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Photo by Community Harvest

Perth, locally grown vegetables such as cabbage, carrot and Brussels sprouts are the staples in grocery stores. All these vegetables are healthy and nutritious.

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Bursary program offers experience of a lifetime

By ISABELLA JONASSEN

It is a highly valued experience and the last thing you may be thinking about is your future. But you may not want to put it off until later.

An incredible and potentially life-changing experience for you, the program offers you the opportunity to experience the world in a way that you will never forget.

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based on our knowledge of the language and placed in a class that would help us to learn in our own time.

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From your secret valentine

By ISABELLA JONASSEN

Most people believe it is a secret and it is a secret. It is a secret and it is a secret. It is a secret and it is a secret.

Valentine's Day is a time when love is in the air. It is a time when love is in the air. It is a time when love is in the air.

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COUNSELLOR'S CORNER: Relationships

Being a student and in a committed relationship can be a challenging and exciting experience. It is a time when love is in the air. It is a time when love is in the air.

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Highlights from the polar plunge



Photo by Karen Langley



Photo by Karen Langley



Photo by Karen Langley



Photo by Karen Langley



Photo by Karen Langley



Second-year nursing students test water for use this year, instead of the old way by the QSO as part of its annual Polar Plunge traditions.



It's a log, not a person.



Photo by: David Langford

Jay (Jung) 21, makes his way out of the water after taking part in the polar plunge on Jan. 10.



"eau" is for opportunity!

The summer employer seeking is our clean, safe, state-of-the-art water bottling facility from a team of friendly, motivated employees and learn about one of the most exciting new industries in the Canadian marketplace. You will receive a competitive rate of \$10 an hour and an excellent career future. Start your brand new career with us today!

Nestlé Waters Canada provides superior natural spring water products with an emphasis on service and quality. Our products include Perrier, San Pellegrino, Asterley Springs, Vital Mountain and A. Fina. Excellence in customer service, employee relations and environmental protection has provided phenomenal growth over the past few years.

Do you have a strong work ethic and a desire to work in an environment that promotes respect, equity and teamwork? If so, please apply to:

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 615, Guelph, ON N1H 5K2
 Tel: (519) 742-9999

For more information on our company, visit
www.nestle-waters.com



Photo by: David Langford



Photo by: David Langford

Healthy Lifestyles Week is here!

Learn what you need to know to lead a healthy life as a student at Conestoga College

February 10

Healthy Lifestyles Week

HEALTH NUTRITION DAY Being a student isn't all about partying, eating pizza and drinking beer every day. Information will be provided to students to show them how to eat better while being a student in college.

February 11

Healthy Lifestyles Week

Talking Girl with Joey's Wags (11:30 - 1:30) Joey is one of the top sex columnists across Canada. Her column "My Messy Bedroom" opens doors and breaks down barriers to any sexual topic. No question is taboo. If you want to know more sex and how to have fun doing it, you can't miss Joey!

February 12

Healthy Lifestyles Week

HOW/WHY JOINTNESS (11:30 - 12:30) - ACHWA will be providing students with the opportunity to know more about this killer disease. Doctors are encouraged to find out how to prevent themselves from getting sick, and lead a healthy sexual life.

February 13

Healthy Lifestyles week

Norman Macrocks "I Don't Understand Women" (11:30 - 12:30) A combination of humour and honesty will give students more insight into how not to get into trouble. A definite can't miss show.

February 14

Valentine's Day

Feed With Altered Knees A tradition at Conestoga College, the Alumni Association will be selling donations on our site to be given to local ones. All funds raised will go towards the Alumni Association.

The fun and pleasure begins Monday in the Sanctuary

C O N E S T O G A
S T U D E N T S I N C .

Health gets boost from reducing toxins

By JULIANNE JOHNS

The average house is filled with toxins, and most people who live there don't even realize it.

In a new tip, with increasingly rapping and environmental phobias, perhaps a closer look at the elements in our lives is in order.

There are countless chemicals in the home space with which we are exposed every day, and evidence of these poisons exists in building all the way.

A recent Environmental Protection Agency (EPA) survey has concluded that indoor air in the United States is five times more polluted than outdoor air.

A recent EPA study estimated that the average household in the United States has about 100,000 chemicals in it, and that most of them are not even listed on the label.

Many recently used household chemicals contain dangerous ingredients that can cause health problems in children, and even cause cancer in adults.

The EPA says that the chemicals in the home are being designed to help them survive about the same pollution in the home.

With the help of lower standards, the chemicals in the home are being designed to help them survive about the same pollution in the home.

The chemical industry is very powerful. The EPA says that the chemical industry is very powerful.

Worried that the chemicals in the home are being designed to help them survive about the same pollution in the home.

The list of toxic chemicals may seem long, but the EPA says that the chemicals in the home are being designed to help them survive about the same pollution in the home.

Presumably, it is thought in some circles that the chemicals in the home are being designed to help them survive about the same pollution in the home.

These chemicals are being designed to help them survive about the same pollution in the home.

It is not just the chemicals in the home that are being designed to help them survive about the same pollution in the home.

According to a new study, the chemicals in the home are being designed to help them survive about the same pollution in the home.

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Thousands of tulips collected from the nearby Malheur National Wildlife Refuge have found most commonly in Australia.

These products are about the same as the chemicals in the home that are being designed to help them survive about the same pollution in the home.

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New Session Starts in January

CALLING ALL GLBT STUDENTS

- Looking for a new group of people
- Looking for people who can help you
- Looking for a place to express your ideas

This session will be meetings of
GAY LESBIAN BISEXUAL TRANSGENDERED STUDENTS
and see what it's all about.

Location: Dean's Campus
Dates: Thursdays, beginning January 2nd
Times: 4-6pm
For more information and to reserve your seat, please contact:
Dr. David L. Johnson, 1000 S. 1st St., San Francisco, CA 94103



Photo by Deborah Lacey

Students for Life

Students Andrea Stone (left) and Nicole Nadelberg (right) are part of the Students for Life group.

Want to make a difference for the students at Conestoga College?

CSI President: Your name here

CSI Vice-President: Your name here

CSI Vice-President: Your name here

CSI Vice-President: Your name here

You could be one of the lucky four who has the privilege of helping the students of Conestoga.

Every year, Conestoga Students Inc. holds annual elections to fill its executive positions. Interested candidates are encouraged to come to the CSI office and pick up their nomination packages.

Positions available are the full-time president and three vice-president positions.

Nominations begin January 28 and run through to February 10. Candidates can begin to campaign on February 10 through to February 28.

Elections will be March 3 - 5.

Do you have what it takes to give your time and energy to help other students on campus?

Do you like to travel, meet new people, make decisions and do you want to boost your resume?

Do you want to help change things for students at Conestoga?

If the answer to all those questions is yes, then you should get involved with CSI.

VOTE!

CSI elections are coming.
What are you doing?
Where will you be?

WWW.CONESTOGASI.COM

**CONESTOGA
STUDENTS INC.**

Thank you!

The CSI would like to take this opportunity to thank the following people who contributed to the success of the Polar Plunge and Winter Carnival:

- * 30 jumpers and plungers who raised over \$1500 for the Heart and Stroke Foundation
- * The Conestoga College Alumni Association for their donation of \$200
- * First-year students from the Paramedic program
- * Chartwells and Food Services Staff
- * First-year students from the Law and Security/Police Foundations program
- * The staff and students of Conestoga College

We could not succeed without your help

Many thanks to you for helping so many people through your contribution.

C O N E S T O G A
S T U D E N T S I N C .

